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BEGINNING
A
HOME
IN
CANADA

THE LITTLE BLUE BOOKS
HOME SERIES

ISSUED BY
DEPARTMENT OF HEALTH, CANADA
OTTAWA

"The minimum income on which two people may marry will depend largely on their degree of adaptability, patience and sense of humour. Young people who are accustomed to frugality and economy may safely marry with a hundred dollars in hand and an income of ten dollars a week, and live happily. Young people brought up in luxury would probably be unwilling to adapt themselves to the social and personal restrictions of an income under three thousand dollars, and a housekeeping fund of less than two thousand dollars. Between these extremes is that large group of young people who could live happily on approximately twelve hundred a year, with from three to six hundred for home-making.

Acquaintance before marriage may safely be not less than one year, and preferably two, not only for thorough and sincere acquaintance, but for the possibility of the reaction and repulsion, that is especially likely to follow a violent case of love on short acquaintance. If love is too ardent it needs this discipline of patience and restraint. If it is deep enough to last through the rest of time, it will stand the test of waiting a few years for a mutual dwelling place.

Having established their home-making, husband and wife will cultivate their love wisely, seeing that it does not starve from lack of service in little thoughtfulnesses; that it is not surfeited by too much of sweetness (even honey soon cloy); that they both have social life and friends and enough life away from each other so that they do not become wearisome to each other; that they busy themselves in some mutual objective interest—social welfare, club or lodge work, or a reading course. The few minutes spent together each day in gaining inspiration, either in religious worship, or reading some great book, or singing noble songs, will do much to keep the family harmonious and to reduce the petty frictions."

-Mary L. Read



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It's a Good, Warm House. He Built It.

• Canadian Government Motion Picture Bureau,
Ottawa.

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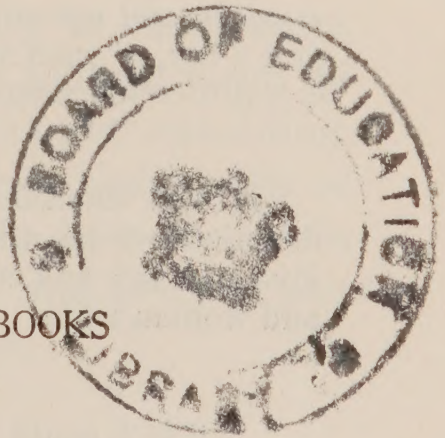
DOMINION OF CANADA
DEPARTMENT OF HEALTH

BEGINNING
A
HOME
IN
CANADA

BY

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THE LITTLE BLUE BOOKS
HOME SERIES

OTTAWA
F. A. ACLAND
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1923

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"The home lies somewhere between the outer and the inner life of man, and its life touches and is touched by both."

—*Rabbi Wise*

"And I should like you to give Heaven a chance, not only for your own sake, but for your future husband's, whoever he may ultimately be. Husbands need a little halo, you see, at any rate to begin with,"

—"The Corner of Harley Street"

"You hear that Elder preach agin marryin' last Sunday?"

"Yes."

"I heard tell what he said. I guess he don't know everything."

"I've had as hard a time as any, but it's more of an even thing than they say, marryin' is. I know, and they don't."

—*W. D. Howells*

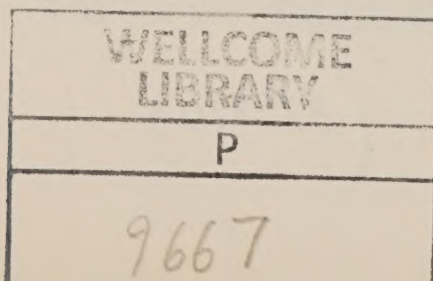
"Housewifery is a profession, sometimes monotonous, always exacting, often exasperating, and frequently wearying. But, with all its routine and drudgery, it is creative and executive, admitting of humour, of a laugh and a cry, of rush and quiet, of thought and impulse. It is a profession inspired by love and duty, not wages."

—*The Labour World*

"It took thousands of years of hope and toil and self-denial to evolve the home as we know it—the place of love and care and culture—the centre of every true man's and woman's life."

—*Peter McArthur*

"If I could know some child of mine
Would live his life, and see the sun
Across these fields of poppies shine,
What should I care that mine is done?
To die would not be dying quite,
Leaving a little life behind——"



FOR YOU

We have been asked to write this little book For You.

You have promised to marry the man you love and help him to make a home—a home for him—and a home for you—in Canada. Great congratulations to you and to your husband-to-be, and to your country. Canada is a happy land. Every new home makes her happier. The happy country is the country of Happy Homes. God Bless Your New Home.

Marriage

Marriage is a partnership. What is a partnership? It is a binding contract by which two people agree to unite, putting together their work and possessions, agreeing to share gains and losses. Marriage is the highest form of partnership; it is sacred, lasting and ennobling. It is, and it creates, the highest relationship of human life, and it calls for the best that is in you and gives beauty, dignity, and glory to you and to your home and country.

Gain and Loss

You and your husband will gain a great deal by this new relationship. But of course it will

make some changes in your lives which you should accept cheerfully even if the changes seem a little hard at first. No partnership can be all gain and no loss. But the gains of marriage are infinitely greater than the losses if the marriage is a right one.

Peace and Comfort and Kindness

Don't say, even to yourself—"Why should I give up my opinion because I am married?" That is not the point. It is not "My opinion" now. It is "Our opinion." Sometimes the two opinions will be the same; if not, just have a little patience and good sense and think how you can agree. Of course there are many things that you and your husband can have your own opinions about. The world would be a very dull place if we were all alike. You will find that your husband knows some things that you do not know and you know some things he does not know. But do not hurt his feelings, Men are very sensitive, just as sensitive as women. Nobody can have her own way or his own way about everything. Give and take. And do not run off and tell anyone else about it. Don't take it too seriously. Don't forget to smile. Kindness, patience, good temper, and good sense will always win and they build that

trust in each other which makes happiness and a love that endures when everything else passes away. Avoid the first quarrel. Don't have it. Keep far away from it. It is so easy to avoid all the other quarrels if you never have the first! Don't quarrel, but wait a little. He means well and so do you. You never know when some tiny little thing may bring you near a quarrel. But don't go to sleep that night without "making it up." You did not mean to hurt his feelings and he did not mean to hurt yours.

Respect

"Respect for each other's individuality touches in some way the heart of every problem of married life. This respect is based on justice, and justice wrongs no rights but rights every wrong. It is the Golden Rule raised from mere theory to the dignity of a living reality. In the home it means freedom, right, sympathy, tolerance, harmony and peace.

The husband can find no help in the counsel of his wife in an emergency if he has stifled her power of individual thinking, or permitted it to become dulled and deadened through disuse.

If either attempt to rule the other it will be found but a petty victory, and empty triumph.

The lasting good of each must be in love with no thought of competition, no desire of superiority.”*

The Hope Chest

It is never too early or too late to begin it. You will use it some day.

Here are a few things to put in it as you have a chance:

Towels.

Bath Towels.

Guest Towels.

Wash Cloths.

Bath Mat.

Eight Sheets.

Eight Pillow Cases.

Three Tablecloths—two yards by two yards.

One Tablecloth—two yards by two and one-half yards.

Two Tea Cloths—36 inches square.

Dinner Napkins.

Tea Napkins.

Dish Towels.

Glass Towels.

Two pairs of Blankets

Two Comfortables.

Two Bed Spreads.

*W. G. Jordan.

Try to buy one thing a month and see how well you will get on. And you will get on much faster if your husband-to-be has a few things in hand too. A commercial traveller said to a friend of his,—

“ Either I’ll marry and share my home or I’ll set up bachelor quarters when the firm puts me in charge of a branch office. But now while I’m travelling I come upon many beautiful and useful articles which are a bargain in some towns and expensive in others. See these all-wool blankets. I bought them where they happened to be just cheaper by five dollars than similar ones in another town.”

Why Are You Going To Marry Him?

Because it is the right and natural thing for you to spend your life with the man you love. To make a home is the greatest thing man or woman can do, and it takes both to make a home.

Your Old Home and Your New Home

Where was your own home—your old home?

It was where Father was and where Mother was. You have done right to say you would help to make a New Home in Canada. No doubt respect and affection and the wise guid-



Welcome, New Canadians.

Canadian Government Motion Picture Bureau,
Ottawa.

ance of natural feeling helped you to say "Yes." Especially respect. If you feel, beyond any mere fancy, a true respect for the character of your husband-to-be—knowing that he will always try to do right and to be kind, you need not be afraid. But if you don't feel that way and are marrying him for what you expect to get out of him—Stop!—Think!—Are you doing right? You are making a mistake if you are marrying for what you can get out of your husband or for an easy life, or for money or clothes or any other mean bargain.

When your Mother married your Father she was not looking for an easy, empty life, was she?

Our Two Homes

We all have two homes. First the home we are born into and second the home we help to make for ourselves. Life is always worth living. Home is always worth having. Children are the crown and completion of the home.

I heard a girl say on the street the other day, "O, it's all right to get married if you don't have a bunch of kids to look after." If that girl's mother had felt that way, where would that girl have been?—Nowhere! She never would have been born! The poor girl was all



Some of the Neighbours.

Natural Resources Intelligence Branch,
Department of the Interior.

wrong. Marriage is all right if you have children. They make the ideal home. They make you happy. Life is worth living. A home without children! O, No!

Some people, who love children very much, have no children in their home, through no fault of theirs, but we hope your home will have the great blessings that come with children.

Do Your Part

Be prepared to do your share in the new partnership of home life. "Keep up your end." You are to have charge of the household and home, which is a great trust. There is none greater. Stick to it. Your husband goes off and does his job. You have your job, which is just as big as his. Men make houses, women make homes. The making of a home is no easy job. You will find in it a place and a use for all your gifts, no matter how strong and clever you are. Besides the care and management of the home, you would like to have a good idea of everything that concerns your husband, for you are his best helper, and he will be depending on your advice and judgment. As a rule the most successful men are those who talk things over with their wives. As the old pro-

verb says: "He who would thrive must ask his wife." When he puts his plan into words, and asks your advice about it, then he understands it better himself, and often you will give him an idea he did not think of before.

Keep Step

Always keep in sympathy with him. Don't tell him too much about the troubles of your day, only just enough to keep him in touch with your work and interested in it. Always find something interesting to talk to him about and remember what he told you last night about the stock, or the crops, or the shop or the freight-rates, or the book-keeper or the factory, or the office, or the Victory Bonds, or the wireless or the seed-wheat, or the "Ford" or the "Hydro" or whatever else he works at and cares about. He needs encouragement from you and you need encouragement from him.

Your Country

And then you are a citizen. You have a vote. Canada needs a good vote from you. You want to know about Canada and her government and take your share in it. Read the papers and talk them over with your husband. Think. Use your mind every day.

Your Job

Since your duties and opportunities as a married woman are so varied and so important, anything which helps to develop and strengthen your mind or body will also help to make you a better wife, mother, home-maker and business woman. Never forget about your soul. Nothing else about you is immortal but your soul. Everything else comes to an end.

We all like to do the things that we can do well. Do your home-making well and you will enjoy it. You should understand Your Job.

First of all, remember to do your work. You should not let your work "do you." Get yourself ready.

Your Good Looks

A bride received a call from an old lady one day.

"What do you mean by having your hair in curl-papers?" said the old lady.

"Why, I'm married now!" replied the bride!

Don't make this fatal mistake. If you could make yourself look nice before you were married you can do so still. Wear as pretty a dress in the kitchen as in the parlour, but have it suitable for work. Always make the best of yourself and of your hair and your hands and

your aprons. Always make yourself nice to look at. Rubber gloves can sometimes be bought for 39c. and you can do almost any work and wear rubber gloves. When you buy rubber gloves read the printed slip inside which tells you how to take care of them. Have a rocking chair in your own corner in the kitchen and a little mirror on the wall near it, so that you can be sure you look all right.

People who look nice bestow a benefit on everyone who sees them. A kitchen apron, with pockets, and short sleeves showing your pretty arms, is one of the most fetching of modern garments.

Managing the Home

Newspapers and magazines have pages or departments devoted to home affairs. Read them. Your husband has undertaken to support the home and you have undertaken to manage the home. Do it well, then.

Money

Some time you might need to earn money outside the home, though we hope not, for no money you can earn is really worth the loss of your work and care in the home itself. No money can pay for the work you do in the

home, but of course it is worth money, all the same. In a farm home you will often have the opportunity to help in managing the garden, the dairy, the poultry, the correspondence, the book-keeping, and the general planning. The wife needs her own regular money allowance for housekeeping and her own clothes and other things. This is good business in country or city or anywhere.

On the Farm

It is only fair that you should know what you have "to do with." If your home is on a farm—as most Canadian homes are, thank Heaven—you and your husband are the most independent and fortunate of our citizens. The farm is the best place to bring up children. Most of your food is produced on your own farm and you are saved a great deal of expense.

Plan It Out

But there should be in every home a clear understanding of how much money there is and when the wife can have it, for needed purchases. Also, on a farm, we need to know when and how meat, fruit and vegetables, dairy products, eggs, poultry, and everything else, can be used. This must all be planned out.

Three Meals a Day

People need three meals a day. You should know how to cook before you marry. It is not fair to experiment on the man you love. Go to a cooking school, if possible, or to a Technical School, or go and live for a while with some one who can and will teach you how to cook. It is not fair to your future husband to begin married life with him before you can cook a good meal and keep a house and the things in it clean and tidy.

Other Things

There are other things you will need to know. Something about making and mending and spending and other things. But if you love your Canadian husband and your Canadian home and honestly want to do your share in making and keeping the home, you will get on all right.

Keep It Up

Keep it all up and keep yourself up. Things do not matter if you do not let them matter. There will always be something you can do to make things better. Do it. Even in the matter of clothes, for example, "Keep it Up."—

Pretty clothes, within your means, help you a lot. A new hat, a new suit or a new dress will



Feeding the Feathered members of the Family.

Some More Neighbours.

Canadian Government Motion Picture Bureau,
Ottawa.

“buck up” a hard working person, man or woman. We can all “put things over” better if we are properly dressed. It is worth while taking time and trouble to choose and make clothes. When you have bought the best and most becoming clothes you can safely afford, then you do not need to think about them any more for quite a while! Do not spend all your money. Save some of it and put it in the Bank.

You Will Be All Right

There are some other things in regard to the duties of married life which could be whispered into your ear, but you would not want us to print them here. Would you like to write to me? I shall always be glad to hear from you. Your Mother or your married sister have likely told you some things you ought to know already. If not, before you are married, go to some wise kind doctor for advice.

If your family doctor or some other good doctor is not at hand, then go to see some nice, kind, motherly, neighbourly woman friend whom you can trust and she will give you the advice you need without hurting your feelings. Don't let anybody frighten you. There is nothing to fear. When we go to a new place we ask our way, and this part of your life is a new place to you, but you will find your way.

"There was a sound on the path by the wall. "Oh," said a voice, "it's a child of hers."

Letty sprang down, embarrassed. A plump little, old woman, with a quiet, serene face, was standing there, a basket on her arm.

"You're her very child I know; Mis' Poole's very child" she said to Letty. "You've got her look. You don't know me, do you?"

Letty shook her head.

"I used to sew for your mother. I lived with my sister in the little, brown house at the foot of the falls. Remember? My sister died, and I've been away for years."

"Oh, yes, I knew you when I was a little girl, didn't I?" Letty recalled happily.

"My, but you're like your mother! When I saw you first, standin' on that there wall, I was scared for a minute. Seemed as if it was her come back. She used to look that way, all sort of full of light. But after a while she didn't."

"She worked herself to death," Letty said.

The old woman shook her head. "It wasn't the work so much—it never is. She killed herself, her real self, when she gave up bein' the way she was first. She—well, she sorta dreamed about havin' things different at first, and after a while she sorta stopped livin' inside. Lots of folks do that. Then they blame their hard lives. But 'tain't that. Money and good things can kill what's inside just as quick as work and drudgery. An' kill it deader, too—kill it so dead folks forget they've ever been alive, that other way inside. She always remembered. That's what made her so sad. But she'd killed herself when she stopped livin' inside."

Saying this she went on her way, the old woman with the wise, serene face.

Hour after hour passed by, sloping toward the west. But Letty Poole stood silent by the rock wall on the hill.

"Now I know." At last she spoke, steadily. "Life is hill-tops and wings and understanding. And keeping alive inside—*keeping alive inside.*"

She started down the path.

It was dark when she reached home. "And I've come home to stay," she said.

She smiled tremulously over toward Pa, whose dumb look put tears into the smile.

"Your old foreman will be back on the job, Pa, and you can look to her for results. And oh," sweeping her hands exultantly out toward the children, "there'll be fairies and angels around this house, and wings in every heart! There'll be a wing for dreaming and a wing for doing. And we'll give them names—Eagerness and Gladness and Fun and Love-of-Doing-Things and Joy-of-Being-Alive-Inside! And some of them we'll change Sunday mornings after church. But most of them we'll keep. Forever!"

—Good Housekeeping

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